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Dear Craig School Families,

Welcome to Week Two of online instruction. Week One was such a success due wholly to the partnership and enthusiasm of the families and staff. After a few connectivity glitches we were all well on our way to successful learning. I have been popping into Google classrooms and watching all of your responses to lessons and I couldn't be more proud. Thank you all for making the best of a very unusual and difficult situation.

As we embrace Week Two of online learning. I would like to add some relaxation and down time to our academic week. We will continue with the four days of academic instruction only this week and the weeks to follow academic classes will run from Monday through Thursday. On Friday we will schedule mindfulness classes and structured art lessons. I realize Mrs. Cap emailed an enjoyable art lesson last week, but very few of you participated. Let's put Fridays aside for reflection, regulation and a little less screen time.

Last week Mr. Snowdon emailed some ideas for PE activities. I'm sure most of you are taking the time to enjoy our spring weather, getting out and breathing fresh air. For those of you who are spending too much time inside we are going to institute a simple chart to log minutes of daily physical activity. Can we all commit to thirty minutes a day? We will continue to send ideas for physical activities, but we are open to anything you want to log. Challenge yourselves and step away from the screen. We are sending an attachment for your physical activity diary. Please fill it out daily. You can mail it back to The Craig School weekly or submit it to Mr. Snowdon when we return to Craig.

Mrs. Cap and Mrs. O'Connor will be emailing you the specifics for Friday lessons but in the meantime academics as planned for today through Thursday and reflection and unbridled creativity for Friday. Keep up the good work!

Sincerely,

Janet M. Cozine

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!

2-5
grade



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!